VIBES AND VICTORY

MONTHLY NEWSLETTER

JANUARY 2026

THEME OF THE MONTH

Discovering what you really want



MONTHLY AFFIRMATION

I allow my wants to matter.

January arrives carrying a lot of noise.
New goals. New habits. New versions of ourselves we're told we should become.

But before we rush forward, I want to ask you something softer, and far more powerful:

What do you actually want this year?

Not what sounds impressive.
Not what looks good on paper.
Not what you've been conditioned to aim for.

Just you. Honest. Unfiltered.

This month is an invitation to listen inward instead of striving outward.

Little Reminder

January is not a test. You are not behind. You do not need a perfect vision to take aligned steps. Clarity unfolds through attention, not pressure.
Let this month be about awareness instead of achievement.

A FEW WORDS FROM MY HEART

January has always been my favorite month of the year. It is not only my own birth month (shout out to all of my fellow Capricorns!), but is also the birth month of several people in my family who were influential in my life.

I also love a fresh start. Although the astrological new year isn'tuntil Aries season, I still love to celebrate the Western new year. The crisp air that arrives, even in the southern United States, where I live, just feels so, so good to my soul.

I also love to hear all of the talk about self-improvement during this time. I have personally stopped making New Year's resolutions, but I still enjoy the energy of people talking about their hopes and dreams around making themselves better and happier.

This year, I would like to encourage you to frame your resolutions around TRUTH. A lot of us make commitments to lose weight or make more money, but I invite you to also explore the deeper truths around these resolutions. What do you really WANT from being thinner or richer?

I, too, want to be thinner and richer, but I have come to realize that my deeper truth is that I want to feel more free in my body and I want to feel more freedom in how I spend my time.

I explored these ideas in my newest guided meditation linked below. Check it out and let me know what comes up for you.

Sending you all my best wishes for the new year,
Nicole

WATCH NOW

Powerful New Year Meditation



YOUR MONTHLY REFLECTION

What are two long-held desires that you want to explore making come true this year?



YOUR MONTHLY REFLECTION

What would happen if at least once a month, you took an entire day just to focus on what you WANT to do?



MOON HAPPENINGS FOR JANUARY 2026



FULL MOON

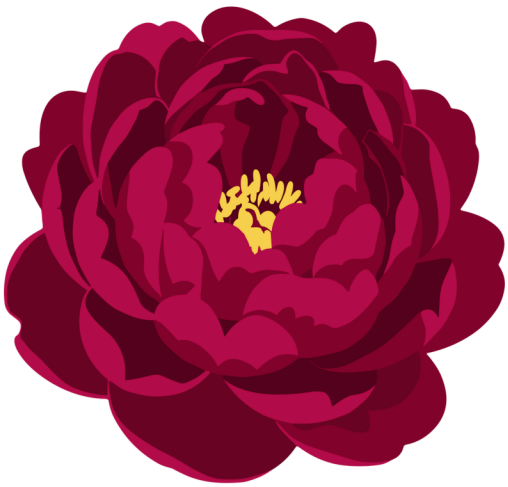
The month's Full Moon (often called the Wolf Moon)peaks on **January 3, 2026**. This is the very first full lunar illumination of the year, and its energy can be especially revealing.

Full Moons shine a light on what's been quietly shaping our choices. Often, it's not desire that drives us, but obligation. The invisible "shoulds" that whisper:

- You should be doing more.
- You should want something different.
- You should already be further along.

This Full Moon offers an opportunity to release what no longer feels aligned. You might take a moment to ask:

- What expectations am I carrying that feel heavy rather than supportive?
- Where am I performing instead of living?
- What goal can I lovingly let go of because it was never truly mine?



MOON HAPPENINGS FOR JANUARY 2026



NEW MOON

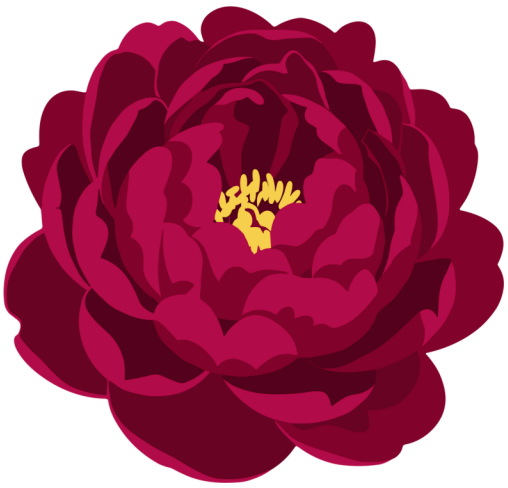
The New Moon this month occurs on **January 18, 2026**. New Moons are like blank pages. They don't demand clarity or certainty, only presence.

Rather than setting rigid intentions this time, consider the New Moon as a listening point. A moment to notice what stirs beneath the surface when expectations fall away.

You might reflect on questions like:

- If no one were watching, what would I want this year to feel like?
- What desire keeps returning, even when I try to ignore it?
- What am I ready to explore without needing a full plan?

This New Moon isn't about reinventing yourself.
It's about giving yourself permission to begin again, gently, honestly, and without pressure.



A GENTLE PRACTICE FOR THIS MONTH

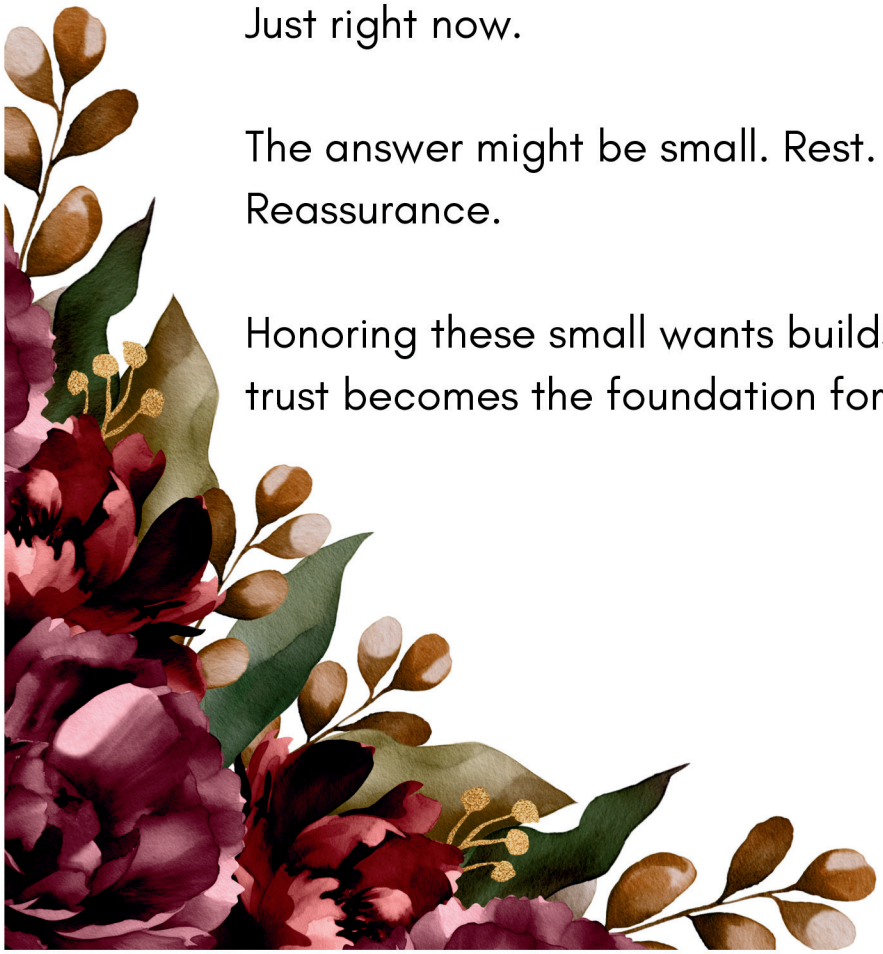
Once a day, pause and ask yourself one simple question:

“What do I want right now?”

Not this year.
Not five years from now.
Just right now.

The answer might be small. Rest. Movement. Silence. Creativity. Reassurance.

Honoring these small wants builds trust with yourself, and that trust becomes the foundation for bigger, braver choices.



JANUARY 2026 REFLECTION QUESTIONS

Try completing a few of these statements in your journal:

I should want _____, but I actually want _____.

I should be focused on _____, but I feel drawn to _____.

I should push myself to _____, but what I really need is _____.

There is wisdom in your wants, even when they don't make logical sense yet.



LITTLE THINGS TO HELP YOU ALONG THE WAY

Subscribe to the YouTube channel! There's lots of empowering and relaxing meditations coming up in the next month.

YouTube





SHOP ZODIAC JOURNALS



SHOP ALL ITEMS